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| Participant ID <u>pid</u> | Interviewer <u>comby</u> | Acrostic <u>acrostic</u> |
| | Date of Visit <u>vis_mth</u> / <u>vis_day</u> / <u>vis_yr</u> | Visit Code <u>vc</u> |

Process Measures

(to be completed following 400M walk Efficacy for Walking)

Interviewer Note: Complete form even if 400 meter walk was not attempted, but do not use the first sentence in the script.

"You have just completed a walk that was [X]* laps. Please answer the following questions that concern your confidence (or certainty) in being able to walk at a similar pace for different distances *one week from now* ." (Show response card PRMS#1). Please respond with a number between 0 (no confidence) and 10 (complete confidence)

How much confidence do you have in your ability to? (*Interviewer Note: Repeat the stem question periodically as needed*)

1. walk 5 laps, at the same pace one week from now?

conf5_prms

- 9
- 0 No Confidence
- 1 1
- 2 2
- 3 3
- 4 4
- 5 Moderate Confidence
- 6 6
- 7 7
- 8 8
- 9 9
- 10 Complete Confidence
- 7 Don't Know/Refused
- 6 Not on form

2. walk 10 laps (the same distance that you did today), at the same pace, one week from now?

conf10_prms

- 9
- 0 No Confidence
- 1 1
- 2 2
- 3 3
- 4 4
- 5 Moderate Confidence
- 6 6
- 7 7
- 8 8
- 9 9
- 10 Complete Confidence
- 7 Don't Know/Refused
- 6 Not on form

3. walk 15 laps, at the same pace one week from now?

conf15_prms

- 9
- 0 No Confidence
- 1 1
- 2 2
- 3 3
- 4 4
- 5 Moderate Confidence
- 6 6
- 7 7
- 8 8
- 9 9
- 10 Complete Confidence
- 7 Don't Know/Refused
- 6 Not on form

4. walk 20 laps (about ½ mile), at the same pace one week from now?

conf20_prms

- 9
- 0 No Confidence
- 1 1
- 2 2
- 3 3
- 4 4
- 5 Moderate Confidence
- 6 6
- 7 7
- 8 8
- 9 9
- 10 Complete Confidence
- 7 Don't Know/Refused
- 6 Not on form

5. walk 25 laps, at the same pace, one week from now?

conf25_prms

- 9
- 0 No Confidence
- 1 1
- 2 2

3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

* number of laps during the 400 m walk.

Script: "Some of the questions I am going to ask may sound strange, but I would like to remind you again, that for scientific reasons, please don't tell me to which of the two LIFE groups you were assigned."

Barriers to Active Living

"If you decided to walk for 30 minutes at least 3 times a week on a regular basis, how confident are you that you could maintain your physical activity under the following conditions? Please respond with a number from 0 (no confidence) to 10 (complete confidence)." (Show response card PRMS #1)

How confident are you that you could maintain your physical activity? (Interviewer Note: Repeat the stem question periodically as needed)

[vacation_prms](#)

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

1. when you are on vacation?

[compint_prms](#)

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

2. when you have other competing interests (like your favorite TV show)?

[lotwork_prms](#)

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

3. when you have a lot of work to do?

[byself_prms](#)

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

4. if you had to do it by yourself?

5. if you were recovering from an illness?

illness_prms

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

6. when your schedule is hectic?

hectic_prms

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

7. if you were tired?

tired_prms

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

8. during or following a personal crisis?

crisis_prms

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

9. during bad weather?

badweath_prms

-9
0 No Confidence
1 1
2 2
3 3
4 4
5 Moderate Confidence
6 6
7 7
8 8
9 9
10 Complete Confidence
-7 Don't Know/Refused
-6 Not on form

Body Satisfaction Measure

"I will now ask you to rate how satisfied you are with different aspects of your physical function over the past 4 weeks . I will read the response scale and you tell me which response corresponds to your level of satisfaction." (show response card PM 3 PRMS #2).

In the past 4 weeks, how satisfied have you been with? (Interviewer Note: Repeat the stem question periodically as needed)

1. Your overall level of fitness?

[fitlevel_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

2. The muscle strength in your legs?

[legstrth_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

3. Your level of endurance or stamina?

[stamina_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

4. Your muscle tone?

[musctone_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

5. Your overall level of energy?

[energylv_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

6. Your ability to do what you want or need to do?

[abilwant_prms](#)

- 9
- 1 Very dissatisfied
- 2 Somewhat dissatisfied
- 3 A little dissatisfied
- 4 Neutral
- 5 A little satisfied
- 6 Somewhat satisfied
- 7 Very satisfied
- 7 Don't Know/Refused
- 6 Not on form

Desire for Physical Competence

"I will now describe different physical tasks. Please tell me your current desire to be able to perform each task. Please respond using a range of 0 (no desire whatsoever) to 4 (very strong desire). It is very important to remember that we are not interested in whether you can do the tasks or not; rather, we are interested in your level of desire to be able to do each task." (Show response card PM 4 PRMS #3).

What is your current desire level in having the ability to? (Interviewer Note: Repeat the stem question periodically as needed)

[heavhwk_prms](#)

1. Having the ability to do heavy work in the house or yard

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

2. Having the ability to stand up from a low, soft couch/chair

[standlow_prms](#)

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[carrystr_prms](#)

3. Having the ability to carry a ten pound object (i.e., a bag of groceries) while climbing one flight of stairs

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[walkmile_prms](#)

4. Having the ability to walk at a quick pace for a mile

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[intocar_prms](#)

5. Having the ability to get into and out of a car

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[walk3mil_prms](#)

6. Having the ability to walk 3 miles on hilly, uneven paths

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[lghthwrk_prms](#)

7. Having the ability to do *light* work in the house or yard

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

[walkstrs_prms](#)

8. Having the ability to walk up and down a flight of stairs (hand rails available)

- 9
- 1 No desire whatsoever
- 2 Low desire
- 3 Moderate desire
- 4 Strong desire
- 5 Very strong desire
- 7 Don't Know/Refused
- 6 Not on form

Self-regulation

"I will read several statements about how people behave that may or may not apply you. Please tell me the degree to which you agree or disagree with each statement. You can strongly disagree, strongly agree, or decide somewhere between the two." (show response card PRMS #4)

[needpush_prms](#)

1. Sometimes I need a push to get things started.

- 9
- 1 Strongly disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree
- 7 Don't Know/Refused
- 6 Not on form

[workhard_prms](#)

2. I work hard to achieve my goals

- 9
- 1 Strongly disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree

3. I make plans and stick to them

- 7 Don't Know/Refused
- 6 Not on form
- [makeplan_prms](#)
- 9
- 1 Strongly disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree
- 7 Don't Know/Refused
- 6 Not on form
- [trackprg_prms](#)

4. If I set goals, I keep close track of my progress

- 9
- 1 Strongly disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree
- 7 Don't Know/Refused
- 6 Not on form
- [disorg_prms](#)

5. I tend to be disorganized

- 9
- 1 Strongly disagree
- 2 Disagree
- 3 Neutral
- 4 Agree
- 5 Strongly agree
- 7 Don't Know/Refused
- 6 Not on form

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